



News and Views

VOLUME 52 ISSUE 09

SEPT 2026

ANNUAL DUES

\$25.00 FOR ONE

OR \$45 FOR TWO



SPOKANE VALLEY SENIOR CENTER

2026 SENIOR RESOURCE FAIR

FREE! SEPTEMBER 14, 2026
10:00 AM TO 1:00 PM

AT THE CENTERPLACE REGIONAL EVENT CENTER
2426 N DISCOVERY PL, SPOKANE VALLEY, WA 99216

Local businesses from around the community will be providing informational booths to help seniors get the resources they need.

For more information call the Senior Center as **509-926-1937** or go online to
www.spokanevalleyseniorcenter.org



Knitters and Hookers

for

Project Warm Up

We love to work on projects, socialize and have fun. We donate as a group to the YMCA who distributes our work to many charities around the Spokane areas for people in need. This is a wonderful group of women with varied backgrounds who have been with the group from anywhere starting 6 months ago to over 30+ years and we welcome new faces and hands. We are a group that meet every Monday from 1pm-3pm at the Valley Senior Center lounge area. We'd love to welcome more newcomers along with their needles and hooks to complete more projects. Thank you, ladies, for all your donations. We just donated 121 hats with more to follow.

Barb Semple

Service and product providers who place ads in this newsletter and whose occupation requires licensure are required to provide copies of their licenses to the Senior Center. However, the inclusion of any ad in this newsletter does not constitute an endorsement or recommendation for the service or product by the Senior Center or the City of Spokane Valley.

The purpose of this association is to promote fellowship, health, recreation, social and educational activities for persons fifty years of age and older, regardless of race, color, creed, religion, sex, national origin or ancestry.

PRESIDENT'S CORNER



SEPTEMBER: A MONTH OF POSSIBILITIES

Dear Members,

September arrives with a little more perspective on what was an extraordinarily difficult August for our community. The wildfires that swept through the Spokane area destroyed or damaged hundreds of homes and forced tens of thousands of residents from their homes. For those of us who watched the smoke, the fires, and the evacuation notices from a distance, it was a sobering reminder of how quickly life can change. As we return to our routines this September, perhaps we can keep those neighbors in mind and look for ways, large or small, to help.

As we move forward here at the Senior Center September feels like a reset. Summer begins to wind down. The days get a little shorter, mornings are cooler, and suddenly we're thinking about getting back to a regular routine. For many of us summer means traveling, family visits, vacation, grandchildren, gardening, and simply enjoying the long days. But there is something nice about September too – it gives us an excuse to get back to some of the things that may have slipped a little during the summer.

Why not change it up this September? The Spokane Valley Senior Center offers plenty of ways to do exactly that. Maybe it's time to pick up a book in our Library, take one of the Act II classes, or try one of the many activities here at the Senior Center you've been saying you might try "someday".

And speaking of possibilities there is plenty happening at the Senior Center this month:

September 1 - Collette Travel Series continues with more fascinating journeys. It's a chance to see a little more of the world without packing a suitcase – and why not plan a journey for yourself.

September 14 – Senior Resource Fair at CenterPlace will bring together a variety of vendors and organizations offering information and services that can help seniors with many of the everyday questions and needs that come with getting older. All free!!!!

September 24 – our Fall Savvy Senior Series kicks off with a discussion around Estate Planning. It is a topic that we all know we need to understand – and the sooner we take care of it, the better.

And don't forget to register for the *AARP Safe Driver class on October 1*. The registration cut-off is September 17. Be sure and check with your insurance company to confirm what percent discount they offer once the class is completed.

We hope you make the Senior Center a part of your September. See you at the Center!!

More to come....Donnah





THE SPOKANE VALLEY SENIOR CENTER
WILL BE **CLOSED MON, SEPT 7th** FOR
LABOR DAY.

time to Travel

Collette Travel Seminar
The Plains of Africa,
Spectacular Scandinavia,
Canadian Maritimes and
Coastal Wonders.

12:15pm-2:15pm RM 235
Tuesday September 1st

THUR, Sept 3rd
Board Meeting
10:00 AM in the Library
Library **closed**
during the meeting.

SENIOR MEALS
MON-FRI 11:00-12:30
Suggested
Contribution \$5.00
Fireside Lounge

Articles
Due **TUE, SEPT**
18th for **OCT**
Newsletter

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Savvy Senior Seminar

Join us for the Savvy Senior Living Series at the Spokane Valley Senior Center!! Each month, learn practical ways to save money, protect your assets and make smart financial choices.

Next in our series: "Evergreen Elder Law"

Discover the peace of mind you deserve by joining us on September 24th from 12:00pm-1:00pm in Room 235. Estate planning is one of the most important gifts you can leave your loved ones, yet it often falls to the bottom of the to-do list. Join Holland from Evergreen Elder Law for an insightful seminar on how to replace confusion and expense with a clear plan of your intentions. We will discuss how personalized assessments—incorporating Trusts, Wills, Special Needs Trusts, and Powers of Attorney—can protect your family from court battles and ensure your goals are met. Whether you need to start from scratch or want a professional review of your existing plan, this session will provide the peace of mind that comes with being truly 'covered.

Join us September 24th

12:00pm - 1:00pm

Room 235.

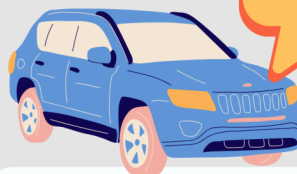
AARP SMART DRIVER

Registration Price

\$20 per AARP Member \$25 for Non-Members

Payment is due upon registration all materials included.

Check with your insurance company if AARP SMART DRIVING qualifies you for an Auto Insurance Discount!



**Class Starts
OCTOBER 1st
Room 235.**

**8:00am-4:00pm with a
half hour break.**

**Last day to
register
September 17th.**

Sign up at the Senior Center Front Desk!

WALGREENS VACCINE CLINIC

DATE AND TIME: TBD

ROOM 227

**REGISTER
AT FRONT
DESK**

**ANNUAL FLU
SHOT, RSV, AND
COVID BOOSTERS**

SAVE THE DATES

Two of our most exciting events are coming up soon. Be sure to mark your calendars and begin preparing now.

ARTS & CRAFTS FALL SWAP MEET

Thursday October 15, Arts Room , 1-3pm

Bring gently used arts and crafts supplies to share, this is a noncash event.

SILENT AUCTION

Monday Nov 9-Thursday Nov 19, pickup

Friday November 20.

Curate a themed basket or one of a kind object to donate.

Your participation makes our success possible, and we appreciate your support.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BEEF STEW W/fresh biscuit	2 LEMON SALMON W/garlic rice & steamed zucchini	3 CHICKEN SALAD ON GREENS W/garlic bread stick & creamy coleslaw	4 BEEF CHILI & BEANS W/cornbread & steamed broccoli florets
7 CLOSED FOR LABOR DAY	8 CHICKEN CORDON BLEU W/brown rice & steamed green beans	9 HAM & CHEESE ON A BUN W/creamy coleslaw	10 BAKED POLLOCK W/savory bread stuffing, gravy & carrots	11 CHICKEN CACCIATORE W/whole wheat pasta & steamed zucchini
14 BBQ CHICKEN W/brown rice & mixed vegetables	15 SALISBURY STEAK & GRAVY W/creamy mashed potatoes & glazed carrots	16 TURKEY TETRAZZINI W/soft noodles & steamed zucchini	17 ROAST BEEF & CHEDDAR ON WHEAT W/three bean salad	18 BAKED WHITEFISH W/garlic rice & sweet potatoes
21 SALMON PATTY BURGER W/baked beans	22 CHICKEN ALFREDO W/whole wheat penne & broccoli florets	23 CHEF SALAD W/garlic breadstick	24 BEEF POT ROAST W/dinner roll, slow-cooked carrots & onions, & savory gravy	25 BBQ PULLED PORK SANDWICH W/baked sweet potato fries
28 BEEF GOULASH W/elbow macaroni & stewed green beans	29 TURKEY & PROVOLONE SANDWICH W/pea salad	30 BAKED CHICKEN THIGHS W/creamy mashed potatoes & steamed zucchini		

If you have any questions, please call our office at 509-924-6976. Meals on Wheels Greater Spokane County is not responsible for food allergies or other dietary requirements. Meal recipients are responsible for monitoring their own dietary requirements. The menu is subject to change.

Partial Funding Provided By: 

Congratulations Cribbage Winners

07-28-26 was **Chuck Lidman**

08-04-26 was **Heather Baze**

08-11-26 was **Bill Allen**

08-18-26 was **Ray Doty**

For info call: Rich Pearson 509-924-7759

Silver Café by Meals on Wheels: Monday – Friday 11:00am – 12:30pm, \$5 suggested donation

Flip for ACT 2 Schedule Pre-registration required through ACT 2

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
ACT 2 Pilates	9:50am – 10:50am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
Tuesday				
Strength & Stability for Better Balance	11:00am – 12:00pm Oct. 06 – Nov. 19	Art Room	ACT 2	509-533-8500
Wednesday				
ACT 2 Pilates	9:50am – 10:50am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
ACT 2 Aerobics	8:45am – 9:45am Sept. 21 – Dec. 09	Dance Floor	ACT 2	509-533-8500
Open Art: Mixed Media	Sept. 23 – Nov. 18 9:00am – 11:45am	Art Room	ACT 2	509-533-8500
Thursday				
Tai Chi	Sept. 24 – Dec. 03 9:00am – 11:45am	Art Room	ACT 2	509-533-8500
Strength & Stability for Better Balance	11:00am – 12:00pm Oct. 06 – Nov. 19	Art Room	ACT 2	509-533-8500
Friday				



Spokane Valley Senior Center Activity Schedule

Current Hours: 9:00 am – 3:30 pm, Monday – Friday

2426 N Discovery Pl, Spokane Valley, WA 99216 Front Desk: (509)-926-1937

09/01/26

Activity	Activity Time	Location	Activity Leader	Phone Number
Monday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 3:30pm	Art Room	Donna Knudsen	509-808-9308
Wii Bowling	9:30am – 12:00pm	RM 235	Ron Thurlow	509-279-4041
Pinochle DD	9:00am – 3:30pm	Art Room	De Bristol	509-210-0118
Mahjongg	11:00am – 3:00pm	Library/ RM 227	Ann Christensen	509-475-3936
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Knitting & Crochet	1:00pm – 3:30pm	Lounge	Glendle Reeve	509-924-8102
Dollhouse Miniatures	12:30pm – 3:30pm	RM 235	Vicki Collyer	208-667-7553
Tuesday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Cribbage	9:00am – 12:00pm	RM 235	Rich Pearson	509-924-7759
Wood Carving	12:00pm – 3:00pm	Art Room	Jerry Christianson	509-443-6970
Open Studio Painting	12:00pm – 3:00pm	Art Room	Patti Victorson	408-829-4033
Book Club	1:00pm – 3:00pm (3 rd Tues ONLY)	Library	Lorna Van Lankeren	509-921-5875
Bingo	1:30pm – 3:30pm	Lounge	Cindy Bacon	509-926-6676
Northern Quest Casino	10:00am – 2:00pm (3 rd Only)	Lobby Bus Pickup	Diana Jessee	509-928-6217
Wednesday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Bridge Party	10:00am – 3:30pm	RM 235	Dave Locklin	509-990-5799
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Caregiver Support	10:00am – 12:00pm (1 st 2 nd & 3 rd)	Library	Suzanne Griner	509-863-1933
Scrabble Group	12:00pm – 3:30pm	RM 227	Larry Carroll	509-534-3966
Walking Group	10:00am – 11:00am	Lobby	Sue Rector	509-899-8051
Pinochle	12:00pm – 3:15pm	Art Room	Ann Christensen	509-475-3936
Line Dance Beginners	1:30pm – 3:30pm	Dance Floor	Mary Everett	509-710-4076
Thursday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Intro Spanish Class	9:00am – 11:30am	RM 235	Lidwina Erickson	623-256-8376
Bridge Tournament	10:00am – 3:00pm (2 nd & 4 th ONLY)	Dance Floor	Linda Schwartz	208-661-4331
Advanced Canasta	10:30am – 2:00pm	RM 227	Mady Mercz	509-919-7925
Red Hat Ladies	12:00pm – 2:00pm (3 rd ONLY)	RM 235	Gay LeBret	509-879-2791
Chess	12:30 – 3:00pm	Art Room	Scott MacDonald	509-995-6853
Cross Stitching	12:00pm - 3:00pm (1 st ONLY)	Art Room	Chris Baldini	509-993-8971
Friday				
Billiards & Darts	9:00am – 3:30pm	Billiards Room	Dan Spooner	509-919-5224
Quilting	9:00am – 12:00pm (2 nd & 4 th ONLY)	Art Room	Kim Soger	661-733-5611
Mahjongg	12:00pm – 3:00pm	RM 227/Library	Ann Christensen	509-475-3936
Pinochle DD	9:00am – 3:30pm	Art Room	De Bristol	509-210-0118
Duplicate Bridge	9:45am - 2:30pm	RM 235/Library	Bob Numata	509-924-6449
Table Tennis	11:15am – 1:15pm	Dance Floor	Tim Garb	208-755-6702
Mexican Train	12:30pm – 3:30pm	Art Room	Dee Baer	503-367-5431
International Folkdance	1:30pm – 3:00pm (September 4)	Dance Floor	Gigi Jensen	510-326-6415



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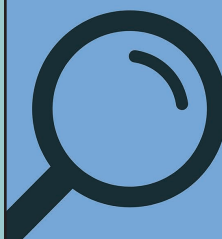
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05-1349

**SPOKANE VALLEY SENIOR CITIZENS ASSOC (SVSCA)
2426 N DISCOVERY PLACE (CENTERPLACE)
SPOKANE VALLEY, WA 99216-5055**

CHECK OUT OUR WEBSITE:
spokanevalleyseniorcenter.org

CONTACT US AT our Email:
svsca2005@yahoo.com or
Leave a message : **509-926-1937**

To submit articles for the
newsletter, place in the
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Email to
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BOOK CLUB
3RD TUES, 1 - 3 PM

TOPIC:

SEP 15: Any Book of Craig Johnson
OCT 20: Non Fiction
NOV 17: Cookbooks/Food
DEC 15: National Parks

Come join the FUN!
Share your own book or just listen.

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